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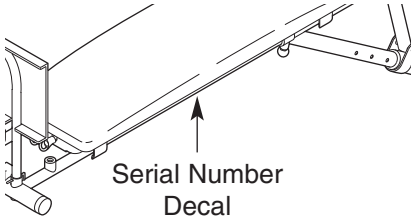
WEIDER® TOTAL BODYWORKS 5000

Model No. WEBE1441.0
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

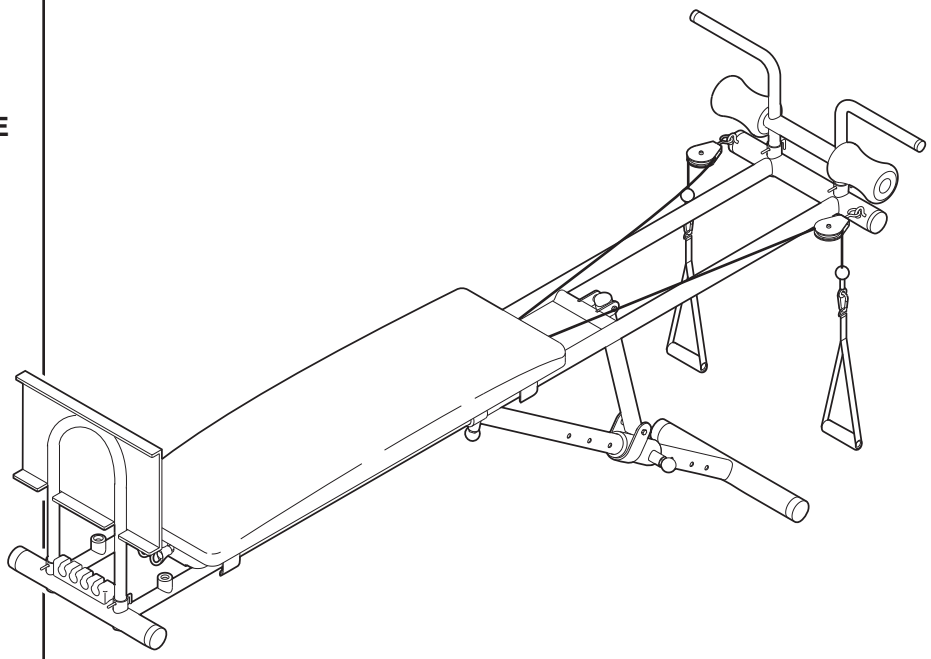
CALL TOLL-FREE:
1-877-992-5999
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.weiderservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.weiderfitness.com

new products, prizes, fitness tips, and much more!

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight training system.

1. **Read all instructions in this manual and all warnings on the weight training system before using it. Use the weight training system only as described in this manual.**

2. **It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.**

3. **The weight training system is intended for home use only. Do not use the weight training system in any commercial, rental, or institutional setting.**

4. **Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.**

5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**

6. **Keep children under 12 years old and pets away from the weight training system at all times.**

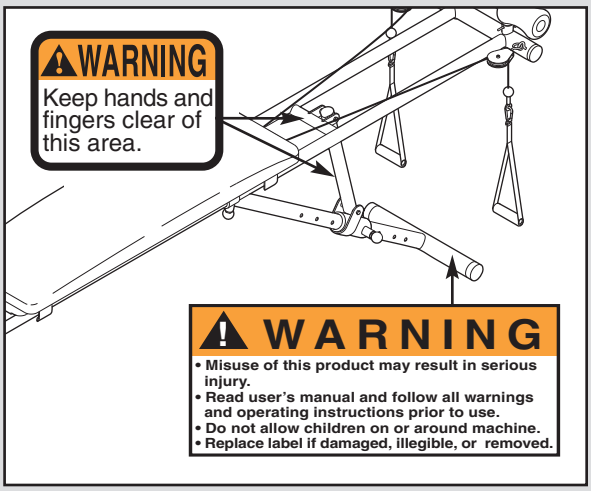
7. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

8. **The weight training system should not be used by persons weighing over 250 pounds.**

9. **Keep hands and feet away from moving parts.**

10. **Always wear athletic shoes for foot protection while exercising. Always tie back long hair to prevent it from becoming caught.**

12. **The decals shown below have been applied in the indicated locations. If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the replacement decal in the location shown.**


WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

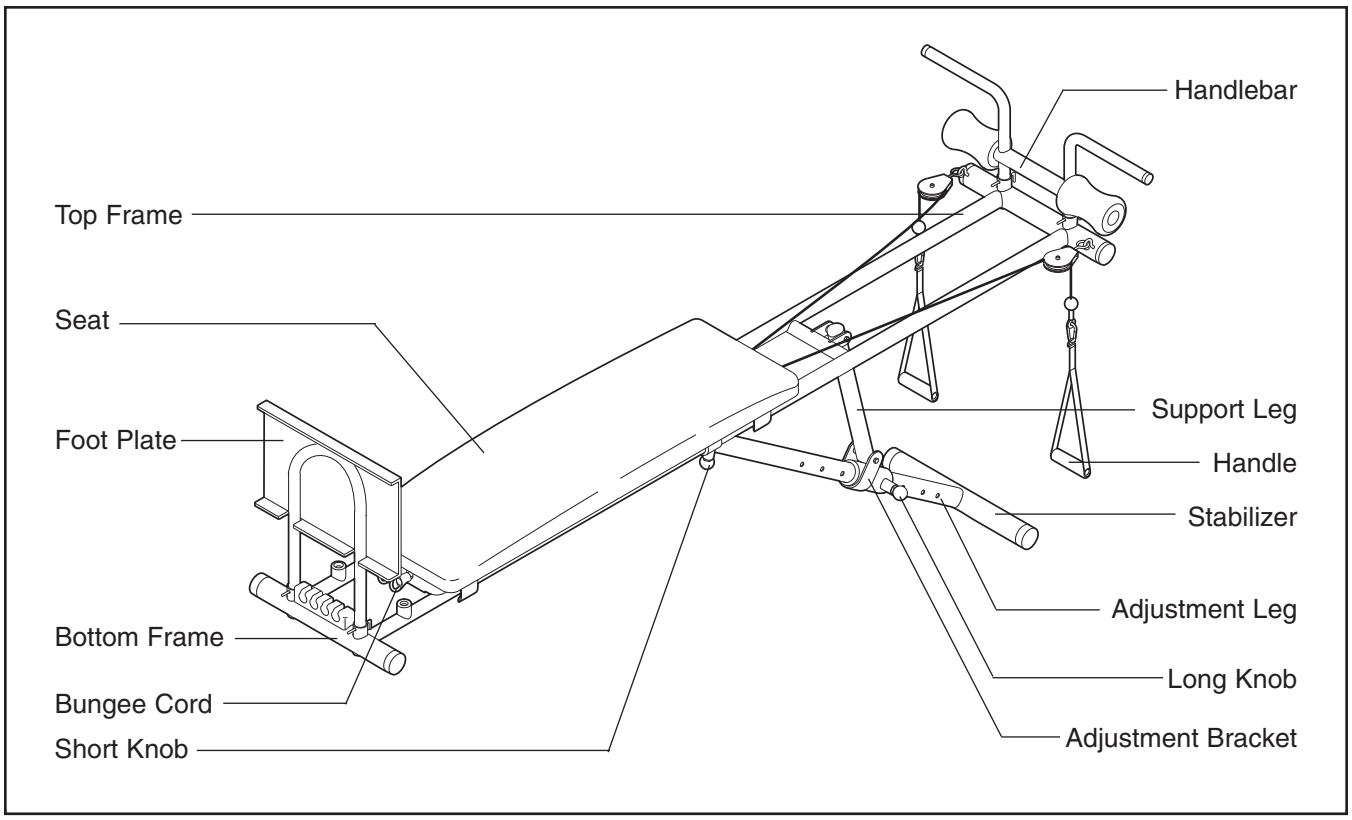
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® TOTAL BODY WORKS 5000 weight training system. The versatile weight training system is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the weight training system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight training system. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the weight bench at www.weiderservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

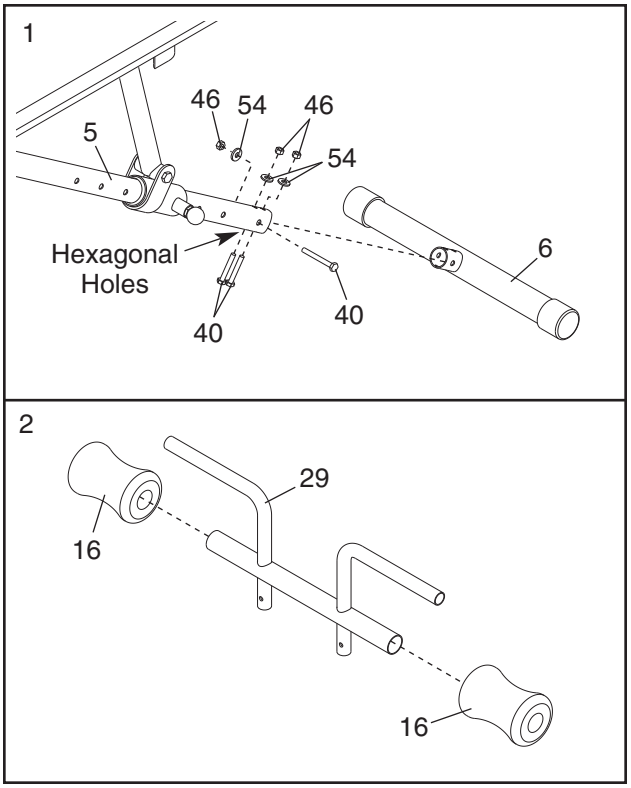


ASSEMBLY

1. **Before using the weight training system, see STORING THE WEIGHT TRAINING SYSTEM on page 5 and extend the Bottom Frame (not shown).**

   Attach the Stabilizer (6) to the Adjustment Leg (5) with three M8 x 52mm Bolts (40), three M8 Black Zinc Washers (54), and three M8 Black Zinc Nylon Locknuts (46). **Make sure that the bolt heads are inside the hexagonal holes in the Adjustment Leg.**

2. Slide a Foam Pad (16) onto each side of the Handlebar (29).



ADJUSTMENT

The weight training system is designed to use your own body weight as resistance. The steps below explain how the weight training system can be adjusted and folded for storage. Refer to the accompanying exercise guide to see the correct form for each exercise.

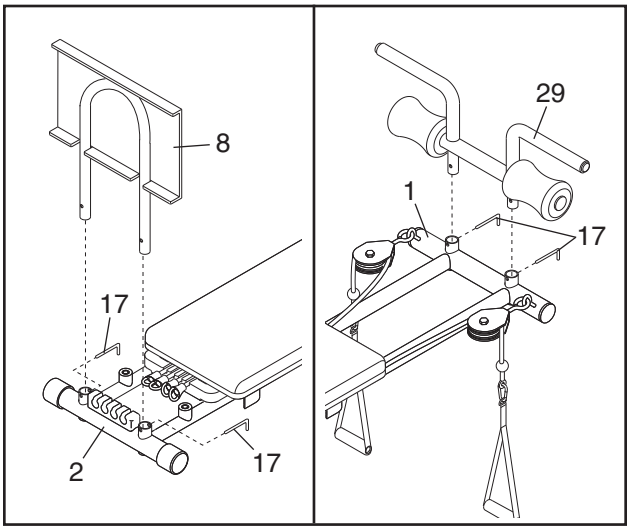
Make sure that all parts are properly tightened each time you use the weight training system. Replace any worn parts immediately. The weight training system can be cleaned with a damp cloth and mild, non-abrasive detergent; **never use solvents to clean the weight training system.**

ATTACHING THE FOOT PLATE OR HANDLEBAR

For some exercises, the Foot Plate (8) must be attached to the weight training system. Insert the Foot Plate into the Bottom Frame (2) and secure it with two L-Pins (17).

For some exercises, the Handlebar (29) must be attached. Insert the Handlebar into the Top Frame (1) and secure it with two L-Pins (17).

⚠ CAUTION: Remove the Handlebar (29) if performing an exercise that does not require it.



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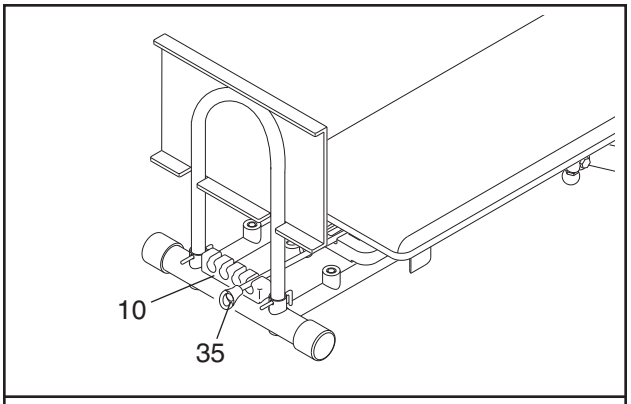
ADJUSTING THE RESISTANCE

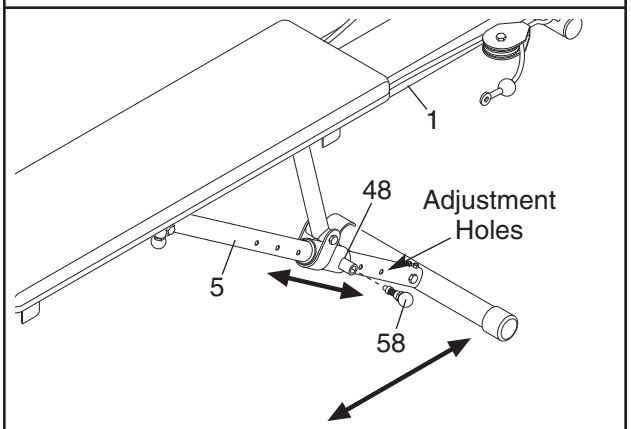
To increase the resistance of the weight training system, pull a Bungee Cord (35) and insert it into the Bungee Bracket (10). For more resistance, insert additional Bungee Cords into the Bungee Bracket.



ADJUSTING THE INCLINE

To change the resistance of the weight training system, you can adjust the incline.

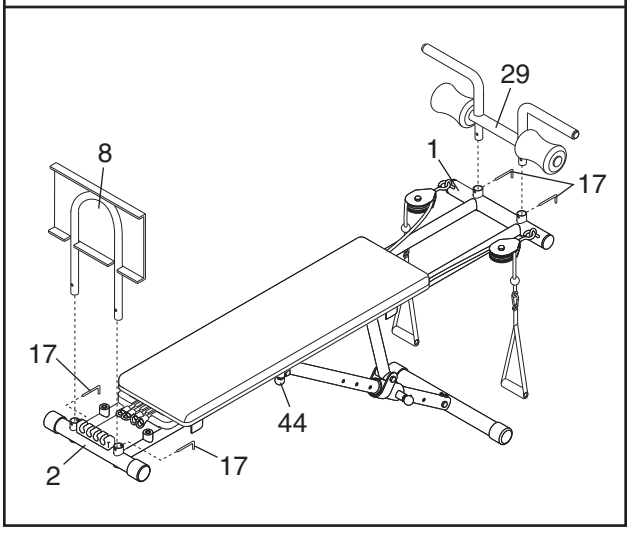
To adjust the incline, first lift the Top Frame (1) and pull the Long Knob (58). Slide the Adjustment Bracket (48) to the desired position, and release the Long Knob into one of the adjustment holes in the Adjustment Leg (5). **Make sure that the Long Knob is engaged in an adjustment hole.**



STORING THE WEIGHT TRAINING SYSTEM

To store the weight training system, first remove the four L-Pins (17). Next, detach the Handlebar (29) and the Foot Plate (8). Then, pull the Short Knob (44), slide the Bottom Frame into the Top Frame as far as possible, and release the Short Knob.

To use the weight training system, pull the Short Knob (44), extend the Bottom Frame (2) as far as possible, and then release the Short Knob. **Make sure that the Short Knob is engaged in a hole in the Top Frame (1).**



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PART LIST—Model No. WEBE1441.0

R0907A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Top Frame	31	2	108mm Eyebolt
2	1	Bottom Frame	32	1	Cable
3	1	Backrest Frame	33	2	Cable Clip
4	1	Backrest	34	2	Handle
5	1	Adjustment Leg	35	4	Bungee Cord
6	1	Stabilizer	36	2	M8 Bright Zinc Nylon Locknut
7	1	Support Leg	37	2	M10 x 30mm Bolt
8	1	Foot Plate	38	2	M8 x 90mm Bolt
9	2	M10 x 20mm Bolt	39	4	M6 Washer
10	1	Bungee Bracket	40	3	M8 x 52mm Bolt
11	1	Backrest Bracket	41	2	M10 x 63mm Screw
12	4	50mm Outer Cap	42	1	M10 x 175mm Bolt
13	2	50mm Inner Cap	43	1	M10 x 80mm Bolt
14	2	25mm Round Inner Cap	44	1	Short Knob
15	2	Handgrip	45	7	M10 Nylon Locknut
16	2	Foam Pad	46	7	M8 Black Zinc Nylon Locknut
17	4	L-Pin	47	6	ST4 x 20mm Screw
18	2	Pulley Housing	48	1	Adjustment Bracket
19	2	70mm Pulley	49	2	56/45mm Bushing
20	1	90mm Pulley	50	2	38mm Round Inner Cap
21	1	Right 38/32mm Bushing	51	4	M6 x 38mm Bolt
22	1	M10 x 45mm Bolt	52	2	M10 Ball Head Nut
23	6	Small Bushing	53	2	M8 x 85mm Bolt
24	2	Small Wheel	54	3	M8 Black Zinc Washer
25	2	Big Bushing	55	2	M8 Bright Zinc Washer
26	2	Big Wheel	56	2	M10 Washer
27	2	Bumper	57	1	Left 38/32mm Bushing
28	2	32mm Round Inner Cap	58	1	Long Knob
29	1	Handlebar	*	–	User's Manual
30	2	60mm Eyebolt	*	–	Exercise Guide

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

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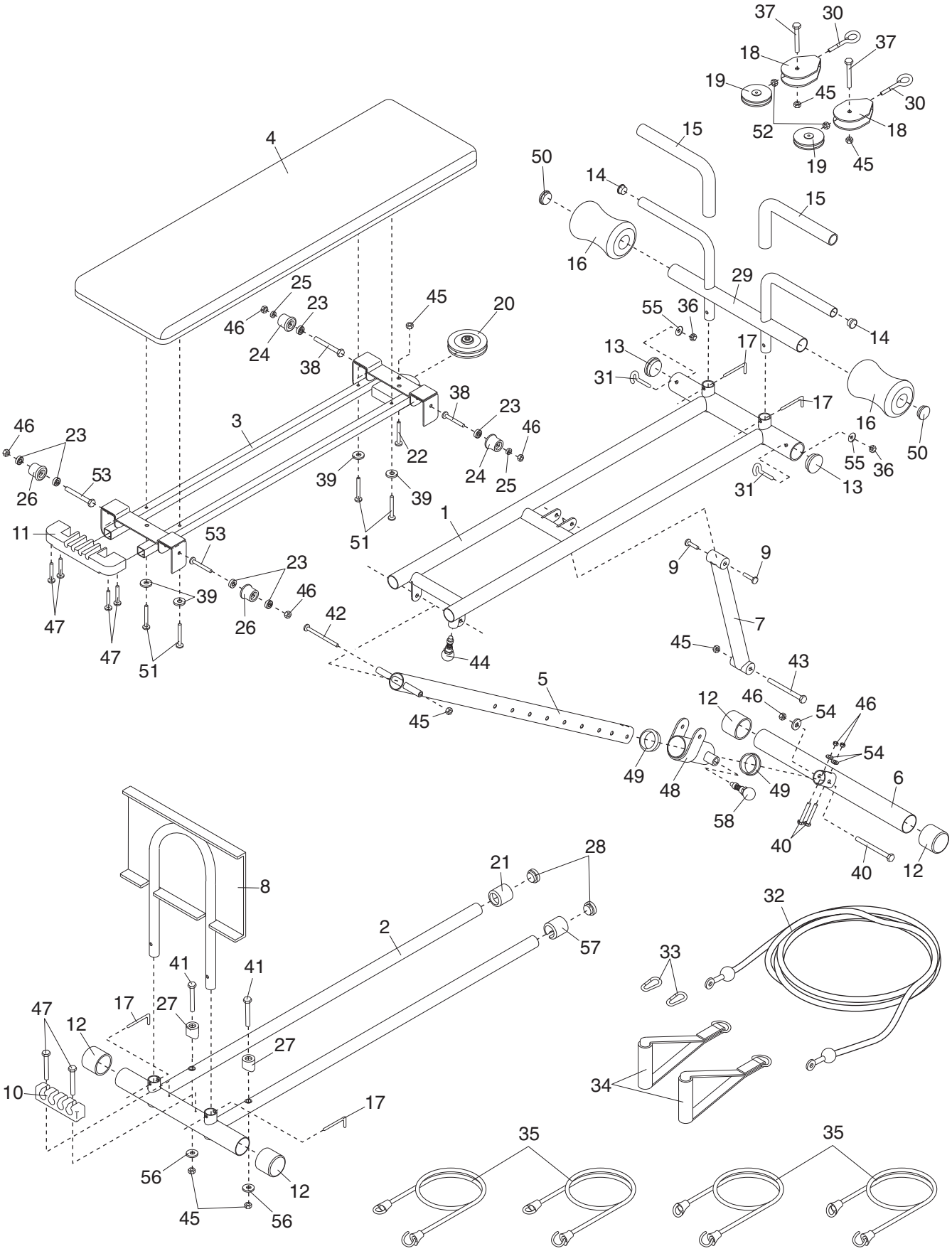
EXPLODED DRAWING—Model No. WEBE1441.0

R0907A



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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of the manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

WEIDER is a registered trademark of ICON IP, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 176981 R0907A

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